

What is claimed is

1. A composition comprising *Notoginseng radix* extract
for preventing and treating arthritis as an
5 effective ingredient.
2. The composition for preventing and treating
arthritis as set forth in claim 1, wherein the
Notoginseng radix extract is extracted by water,
10 alcohol or a mixed solvent of water and alcohol.
3. The composition for preventing and treating
arthritis as set forth in claim 1, wherein the
alcohol is ethanol.
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4. A pharmaceutical composition for preventing and
treating arthritis comprising the composition of
anyone of claim 1 to claim 3.
- 20 5. A health food composition for preventing and
treating arthritis comprising the composition of
anyone of claim 1 to claim 3.